**2019 Kingston XC  
Saturday, November 9th, 2019**

The 2019 edition of the Kingston XC meet is a series of Open races preceding the 2019 USports Cross Country Championships, hosted by the Queen’s Gaels on the Fort Henry course in Kingston, ON.

**Schedule**10:45am Open 8k  
11:45am Open 5k  
12:25pm Elementary 2k  
1:00pm Women’s 8k USports Championship  
2:00pm Men’s 10k USports Championship  
3:00pm Open awards & draw prizes  
3:30pm USports Championship Awards

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 Clive Morgan, [physikultrunning@gmail.com](mailto:physikultrunning@gmail.com)

**Registration Register online** [www.trackiereg.com/2019KingstonXC](http://www.trackiereg.com/2019KingstonXC)

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| **Event** | **Price** | **Deadline** |
| **Elementary 2k** | $10 | Nov 6th |
| **Open 5k** | $15 | Nov 6th |
| **Open 8k** | $20 | Nov 6th |

**Prizes  
Elementary 2k** – prizes for top-3 male & female  
**Open 5k** – prizes for top-3 Junior (under 20) male & female, as well as top-3 Open (20+) male & female **Open 8k** – prizes for top-3 male & female, as well as prizes for 1st place teams **Open 8k Team Prizing** – 4 to score, tie break off 4th  
**Draw Prizes** – all elementary and open participants are eligible for draw prizes

**Directions** Exit South off the 401 at highway 15. Highway 15 ends at highway 2. Take a right, go down the hill, then take a left towards the RMC campus. Stay left and drive up the hill to the parking lot at the Fort Henry historic site.

**Parking** Use the Fort Henry Discovery Centre parking lot at the top of the hill. Please note that you will be towed if you park on the side of the road.

**Course** The Fort Henry course features a rolling grass surface; spikes are recommended.

**Washrooms** Portable toilets available on site.

For all Championship information, visit: [usports.ca/en/championships/cross-country/x/info](https://usports.ca/en/championships/cross-country/x/info)